Students should drink half their body weight in ounces of water daily. For most, this means drinking 64 ounces of water per day.

Tired? This might not only be a result of late night study sessions or heavy partying—it might be due to a lack of water.

According to athletic trainer Gerry Green, most college students are not getting enough water. Each day, the average person should be drinking half their body weight measured in ounces of water. For example, a person weighing 120 lbs. should drink about 60 ounces of water.

"I drink water for lunch and dinner and two or three bottles after that, so I probably drink four or five bottles a day," sophomore Leigh Janicki said.

While this is a good start, students should probably be drinking more than this each day, according to Green. Students who don't get enough water will feel sluggish and experience a lack of energy. This could lead to trouble concentrating or other conditions, including dizziness, light-headedness, fever and even fainting due to being overheated.

"If you are thirsty, you're already dehydrated," Green said.

In fact, water can do a lot of good. According to Green, it purifies the body, which is already made up of 66 percent water. It also aids in digestion.

"It's hard to eat when you're thirsty," Green said.

Water keeps the digestive system moving, especially the bloodstream. Other drinks, such as soda and juice, do not compare to H2O, said senior Melissa Borotto.

They are high in sugar so it is important to limit those things," she said. "They also have a lot of calories. Water is energizing and is really good for your body and skin."

Athletes and those who exercise should drink even more water than the average amount. In the summer months, those who exercise should be drinking 100% of what they are doing cardiovascular exercise. So for concentration, energy and better health, students should be drinking more water instead of caffeinated drinks.

"Drinking water when you are tired is energizing," said Borotto. "When students are tired they should try drinking a bottle of water instead of things with caffeine because it will give them a pick up and it is not as bad for them. Plus they will not experience a caffeine crash later on."

Water can also help a person overcome sickness. For instance, it can prevent students from getting a virus. Also, once students have viruses, drinking excess water can help flush the virus out much faster.

"I drink about nine glasses a day because it is so good for you," said Borotto.

Students interested in losing weight should know that water is also an appetite suppressant. When a person is not getting enough water, his or her cells become sticky and hard to metabolize. By drinking water, students are keeping their bodily functions flowing. Water also helps because it makes one feel fuller, said Green.

"When you think you are hungry, you are really craving water," Green said.

Janicki said she has experienced this first hand. "If I drink a lot of water I won't be as hungry," she said.

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By Sara Keegan

GOT WATER?

Drinking water is beneficial to all areas of student life

Victim

CONTINUED FROM PAGE 1

as diverse as the Department of Homeland Security, the DEA and FBI. "There are a lot of resources available to victims that they do not know about and that law enforcement sometimes doesn't even know about," Townsend said. "They can receive all sorts of benefits from health insurance and financial assistance to counseling."

At the time of his harrowing experience, Townsend said that many options for victims, which could have aided him greatly, are now in place but didn't exist. These services came into being due, in large part to networking gatherings such as the symposium.

"I think it was amazing," Townsend said of the Atlanta symposium. "There were around 900 law enforcement officials from all kinds of agencies. I never realized the kinds of benefits that were out there for victims. For me to be a part of that and show them what it's like was very important to me."

The group of men who robbed Townsend's bank, four members in all, were convicted of robbing 10 banks during their 17-month spree, the biggest bank robbery streak in New Jersey history, which began with the Pemberton bank, for which Townsend worked, three and a half months prior to his ordeal.

"They had already robbed my bank once, but I wasn't there," Townsend said. "I was snowed-in in north Jersey at the time and the manager was pistol-whipped and hurt badly. After that I became the acting manager and recommended several things that could be done to make the bank more secure. It didn't help much."

When the robber led Townsend to the vault, he initially led him to the place where the money had been stored during the first robbery. At Townsend's recommendation, the money had been moved to a different location in the vault. The fact that the robber took him to the old storage place was the only way the FBI was able to connect the two robberies, Townsend said.

"When they took me to the place where the money used to be, I thought he would kill me when it wasn't there," he said. "He was surprised but it only stalled him for about 10 seconds. I thought telling him the money was behind him was a better move than sacrificing my life." Townsend's experience was brutal, but it was the aftermath that he said was the most difficult part.

"I wasn't really able to think about my life at all until after the trial," he said. "I was diagnosed with post traumatic stress disorder. I still have nightmares, flashbacks and paranoia. It's slowly gotten better but right after it was a struggle to get out of bed in the morning, and even if I did, I could only make it to the couch. To this day I can't walk into a bank. I had to have something specially set up so that I could do my transactions in the parking lot." Because it was the second time the bank had been robbed in such a short time, the FBI believed it to be an inside job and Townsend was considered a suspect. As a result, he was not offered victim assistance of any kind until the trial process began, he said.

One of the men convicted of the bank robbery spree was Ronald "Spigg Nice" Blackwell, a member of The Lost Boyz, a rap group popular in the mid-nineties.

"I thought it was ironic that at the sentencing I talked about the robbers trying to live out some hip-hop video fantasy," Townsend said. "I only found out after he was sentenced that Blackwell was in The Lost Boyz. I guess I was more right than I knew." Blackwell was sentenced on Oct. 14, 2003, to 37 years in federal prison. Because parole has been abolished in the federal system, Blackwell and his partners will serve out nearly all of their sentences. Even though it's been a difficult and painful road, Townsend has begun to come to terms with what he went through and to heal.

"I tried to realize that it's OK to be afraid," he said. "As men we're taught we're supposed to be macho. The reality is that it's OK to feel like a victim. It's OK to have frailties. Once you get through that, you have to know that there's more to it. You're a survivor, not a victim. For a long time I felt that I was only alive because they let me live, that they were controlling my time. Now I realize that it's up to you to take control of your time and get them out of your head."